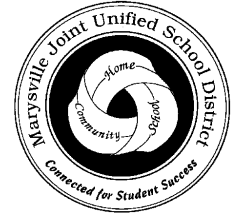




Non-food Alternatives



For School Rewards

Fundraising & Rewards are an important part of school culture.

School food choices are not limited to breakfast and lunch in the cafeteria. We cannot ignore increasing obesity rates and health issues in children related to nutrition and activity. The following are suggestions of non-food alternatives for rewards.

Non-food Rewards for....

Elementary Students

- ⇒ Trips to a treasure box filled with non-food items, such as stickers, bubbles, jump ropes, puzzles, yo-yos, charms, trading cards, pencil toppers, extra credit opportunities
- ⇒ Play favorite non-electronic game
- ⇒ Extra recess
- ⇒ Make deliveries to the office
- ⇒ Sit by friends
- ⇒ Help teach class
- ⇒ Eat lunch with teacher
- ⇒ School supplies
- ⇒ Show and tell
- ⇒ Paperback book
- ⇒ Free choice time at end of day
- ⇒ Listen to classroom music while working
- ⇒ Teacher reads a book to the class
- ⇒ Read or have class outdoors
- ⇒ "No homework" pass
- ⇒ Listen to an audio book/watch a video
- ⇒ Have a teacher perform (sing or play an instrument).
- ⇒ Choose one student from each class to walk with the principal at lunch

Middle School Students

- ⇒ Sit by friends
- ⇒ Listen to classroom music while working
- ⇒ "No homework" pass
- ⇒ Eat lunch outside or have class outside
- ⇒ Computer time
- ⇒ Chat break
- ⇒ Field trips
- ⇒ Assemblies
- ⇒ Extra reading time
- ⇒ Free time at end of class

High School Students

- ⇒ Extra credit opportunities
- ⇒ "No homework" pass
- ⇒ Extra reading time
- ⇒ Eat lunch outside or have class outside.
- ⇒ Computer time
- ⇒ Drawing for donated prizes among students who meet certain grade standards
- ⇒ Free time at end of class
- ⇒ Free Passes to school events and games

How NOT to use food in your school:

- 1 Incentives, rewards or celebrations - presenting food (both sweet and non-sweet) as a reward significantly enhances the desire for that food. Holiday celebrations, for example could focus on traditional activities or games.
2. Punishment - Withholding food (usually candy or other low-nutritive value foods) as a punishment reinforces the desire for that food - just as if it were used as a reward.
3. Fundraising to support school programs - Food fundraisers may help the financial health of school activities - but at the expense of children's physical health.